



# Therapeutic Recreation

## Fall & Winter 2007-2008

# Program Guide

Program & Registration Information for September - March, 2007/2008

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# Road Map to Therapeutic Recreation Services

This road map will provide you with a brief overview by age of the services provided through the Division of Therapeutic Recreation. Please be sure to see the program descriptions within the pages of this program guide! Individuals with disabilities are not limited to therapeutic recreation services. If you are looking to add a little flavor to your leisure lifestyle . . . try your hand at Inclusion!

## Start Here

Happy Hiking through the variety of adventures we have to offer! Grab your gear and join the fun with the Cincinnati Recreation Commission! Take the path which provides you with the most enjoyable recreation experience.

### Pre-School/Kindergarten (ages 3-5)

age criteria varies with program Pg. #

- Aquatics, Parent & Child 2
- Pre-School Program 1

### Youth (ages 6-12)

age criteria varies with program Pg.#

- Accessible Individual Golf Lessons 6
- Aquatics, Adapted 2
- Aquatics, Pre Swim Team Practice 3
- Archery, BlazeSports 5
- Archery, Inclusion 7
- Bowling, Adapted 6
- Bowling, Junior 6
- Dance! Dance! Dance! 8
- Golf Scramble, BlazeSports 4 & 6
- Handcycling, BlazeSports 5
- Power Soccer, BlazeSports 4
- Ski Clinic, BlazeSports 5
- Wheelchair Football, BlazeSports 5
- Wheelchair Tennis, BlazeSports 4

### Teens (ages 13-17)

age criteria varies with program Pg.#

- Accessible Individual Golf Lessons 6
- Aquatics, Adapted 2
- Aquatics, Pre Swim Team Practice 3
- Archery, BlazeSports 5
- Archery, Inclusion 7
- Basketball, Lakers 7
- Bowling, Adapted 6
- Bowling, Open 6
- Bowling, Team 6
- Crafts Sampler 8
- Dance! Dance! Dance! 8
- Golf Scramble, BlazeSports 4 & 6
- Handcycling, BlazeSports 5
- Hangin' with the Teens - Teen Club 8
- Movie and Pizza Nights 8
- Power Soccer, BlazeSports 4
- Ski Clinic, BlazeSports 5
- Stepping Out 8
- Walking Club 7
- Wheelchair Football, BlazeSports 5
- Wheelchair Rugby, BlazeSports 4
- Wheelchair Tennis, BlazeSports 4

### Adults (18 and older)

age criteria varies with program Pg. #

- Accessible Individual Golf Lessons 6
- Aquatics, Adapted 2
- Aquatics, Arthritis 3
- Aquatics, Pre Swim Team Practice 3
- Archery, BlazeSports 5
- Archery, Inclusion 7
- Basketball, Lakers 7
- BB Riverboat Cruise 9
- Bowling, Adapted 6
- Bowling, Open 6
- Bowling, Team 6
- Crafts Sampler 8
- Cyclones Game 9
- Food, Fun & Fitness 7
- Golf Scramble, BlazeSports 4 & 6
- Halloween Dance 7
- Handcycling, BlazeSports 5
- Hangin' with the Teens - Teen Club 8
- Hiking and Lunch 9
- Karaoke Night 8
- La Comedia 9
- Movie and Dinner 9
- Movie and Pizza Nights 8
- Overnight Camping Trip 9
- Power Soccer, BlazeSports 4
- Ski Clinic, BlazeSports 5
- Spring Fling 7
- Stepping Out 8
- Sweetheart Dance 7
- Tubing 9
- Walking Club 7
- Wheelchair Football, BlazeSports 5
- Wheelchair Rugby, BlazeSports 4
- Wheelchair Tennis, BlazeSports 4
- Winter Holiday Dance 7

# Focus on Fitness

The Division of Therapeutic Recreation is offering new and current programs for a wide range of ages that will "Focus on Fitness." Take your pick from our array of fun programs to get fit and stay fit!

## **Pre Swim Team Practice • Ages 6 & Older**

Swimming is one of the best cardiovascular workouts around! This program's purpose is to prepare participants for competitive swimming. Swimmers will receive instructions from a qualified swim coach in stroke refinement and stamina improvement. See page 3 for more information.

## **Dance! Dance! Dance! • Ages 8 – 15**

Our younger participants will increase their personal fitness while having fun learning classic dances like the Chicken Dance, Electric Slide and YMCA! This is a great opportunity to learn new dance steps that are widely used at dances, weddings and parties! See page 8 for more information.

## **BlazeSports Club Cincinnati • Ages 8 & Older**

BlazeSports Club is a national community-based sports and fitness program for children and adults with physical disabilities and visual impairments. Programs include archery, golf, handcycling, and wheelchair football, power soccer, rugby and tennis. An instructional clinic will also be offered in snow skiing! What an excellent variety of choices to get fit and stay fit! See pages 4 – 5 for more information.

## **Walking Club • Ages 15 & Older**

The Walking Club will meet in the fall and spring, one night a week for eight weeks each season. The program will focus on increasing walking stamina and distance. In the fall we will be walking the indoor track at the College Hill Center. Our spring program will move outdoors to two different sites to be determined. See page 7 for more information.

## **"Stepping Out" • Ages 16 & Older**

Here's an opportunity to learn new dance steps, stay in shape, meet new friends and have lots of fun. Participants will learn all the latest and greatest dance moves. Get ready to bust some moves, work some muscles and get that heart beating! See page 8 for more information.

## **Food, Fun & Fitness • Ages 18 & Older**

The first hour of this fantastic program will explore different techniques of exercise - Yoga, Dance, Aerobics and more. After a good workout, participants will prepare, cook and eat a nutritious meal! See page 7 for more information.

# Pre-School Program - New!

The CRC Therapeutic Recreation Division is proud to announce a new pre-school program to begin spring of 2008! This program will be geared towards children ages 3 – 5. Parents and children will be invited to come and participate in different activities around the city. Come and make new friends and learn about the wide variety of recreational opportunities for young children with disabilities. For more information, please call Kyra at (513)352-4962.

## **The Cincinnati Recreation Commission's THERAPEUTIC DIVISION invites you to participate in our fall and winter programs!**

### **Selecting Programs**

The programs identified in this guide are designed to meet the needs and interests of individuals with mental, physical, learning and emotional disabilities. While some programs can accommodate participants of varying levels of ability, other programs have specific skill requirements due to the nature of the activities. Specific skill requirements, if necessary, are included in the program descriptions. If you have questions about a program or the level of assistance provided, please contact any of the TR staff listed on page 12.

- **Location:** Please see page 17 for addresses for each of the program locations.
- **Min/Max#:** Represents the minimum number of participants and the maximum number of participants within a program.
  - > All programs must have a minimum of 5 participants registered prior to the start date. If there are not 5 participants registered the program will be cancelled.
  - > If a program has reached its capacity you will be placed on a waiting list.
- **Code:** The code simply helps us to process registration forms at a quicker pace.
- **Registration Deadline:** Please pay close attention to these dates. We will not accept registrations after the deadline.
- **Resident/Non-Resident:** CRC requests this information for statistical purposes. You do not have to live within the City of Cincinnati to participate in our programs.

In addition to these Therapeutic Recreation programs, individuals with disabilities are welcome to participate in any Cincinnati Recreation Commission program through our **Inclusion Services**. The TR staff will assist you in identifying programs, registering and requesting accommodations. Please call the TR Division at (513)352-4028 for more information concerning inclusive programs.

**Recreation programs and facilities are open to all citizens regardless of race, gender, color, religion, national origin or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call in advance if you require special accommodations.**

# Adapted Aquatics & Instructional Swim Programs

Our year-round warm water swimming pools are located at the Mt. Auburn Community Center and Krueck Pool (which is attached to Hughes High School). Our Mt. Auburn facility has been renovated for improved accessibility, with accessible parking, showers, toilet stalls, and an assisted dressing room. Several water entries and exits are available, including a pool chair lift and "easy ladder" with hand railings. The water temperature is maintained at a comfortable 89 degrees. Our Krueck Pool facility is a 25 yard lap pool with a bulkhead to practice starts and dives. The water temperature for this pool is kept at a cooler 82 degrees, which is conducive for lap swimming.

## Parent and Child Aquatics

This program is designed to introduce infants and toddlers, ages 6 months through 5 years, to the water and basic safety skills. The program is open to children with and without disabilities. A parent or caregiver will be required to assist the child in the water. **Please Note: Children under age 5 are encouraged to participate in the Parent and Child Aquatics Program prior to participating in the Adapted Aquatics Program.**

	<u>Fall Session</u>	<u>Winter Session</u>	<u>Spring Session</u>
Ages:	6 months – 5	6 months – 5	6 months – 5
Saturdays:	9:00 – 10:00 am	9:00 – 10:00 am	9:00 – 10:00 am
Begin/End:	October 13 – December 15	January 19 – March 15	March 29 – May 17
Cancellations:	November 24	None	None
Location:	Mt. Auburn Pool	Mt. Auburn Pool	Mt. Auburn Pool
Code:	PCAF07	PCAW08	PCAS08
Fee:	\$30	\$30	\$30

## Adapted Aquatics

Our Adapted Aquatics Program is designed to include all ability levels, incorporating the Red Cross Swim Progression, the TR Sequential Swim Progression for individuals with physical disabilities, and the Dolan Method for individuals with autism. Participants are taught swimming skills, water safety and independence. Swimming is an inclusive recreational skill that can improve the participant's health and fitness. Lessons are offered Tuesdays and Saturdays. If you have questions about the appropriate swim level or time, please call Kyra at (513)352-4962.

**Please indicate your preferred program name, time and code on the Program Registration Form.**

### Beginning/Intermediate Levels

	<u>Fall Session</u>	<u>Winter Session</u>	<u>Spring Session</u>
Ages:	5 & Older	5 & Older	5 & Older
Tuesdays:	4:30 – 5:10 pm 5:15 – 5:55 pm 6:00 – 6:40 pm	4:30 – 5:10 pm 5:15 – 5:55 pm 6:00 – 6:40 pm	4:30 – 5:10 pm 5:15 – 5:55 pm 6:00 – 6:40 pm
Code:	AATF07	AATW08	AATS08
Saturdays:	10:00 – 10:40 am 10:45 – 11:25 am 11:30 am – 12:10 pm	10:00 – 10:40 am 10:45 – 11:25 am 11:30 am – 12:10 pm	10:00 – 10:40 am 10:45 – 11:25 am 11:30 am – 12:10 pm
Code:	AASF07	AASW08	AASS08
Begin/End:	October 9 – December 15	January 15 – March 15	March 25 – May 17
Cancellations:	November 20 & 24	None	None
Location:	Mt. Auburn Pool	Mt. Auburn Pool	Mt. Auburn Pool
Min/Max#:	5/8	5/8	5/8
Fee:	\$100	\$100	\$100

## Pre Swim Team Practice - New!

This new program is for advanced swimmers, ages 6 & older. Swimmers must be able to swim the length of the pool on front and back, and work in small groups of 3 - 5. Each swimmer will be evaluated on the first night of practice. If they do not meet the skill requirements, they will be offered an opportunity to swim in our Adapted Aquatics Program.

Our Pre Swim Team Practice Program will offer participants lap swimming and stroke refinement. All participants will be encouraged to practice for the Special Olympics and USA Swim Meets, and the BlazeSports Club! This fun program is a great opportunity for swimmers to continue to hone their skills and to improve their fitness! If you have any questions regarding this program, please call Kyra at (513)352-4962.

### Fall Session

Ages: 6 & Older  
Tuesdays: 7:00 – 8:00 pm  
Begin/End: October 9 – December 11  
Cancellations: November 20  
Location: Krueck Pool  
Code: STF07  
Min/Max#: 5/8  
Fee: \$60

### Winter Session

6 & Older  
7:00 – 8:00 pm  
January 15 – March 11  
None  
Krueck Pool  
STW08  
5/8  
\$60

## Arthritis Aquatics

The Arthritis Aquatics Program is designed by the National Arthritis Foundation to allow individuals with arthritis to exercise in a supportive, low resistance environment. Please consult your physician prior to registration. People with severe or multiple joint problems or those who have had joint surgery are encouraged to talk with their doctors regarding any special precautions or limitations.

### Guidelines to Program:

- Have functional and comfortable shoulder and elbow motion.
- Able to tolerate 5 minutes of movement in the water, or 15 minutes standing or walking on land without excessive pain, fatigue or shortness of breath.
- Require no more than minimal assistance to enter or exit the pool.
- Feel comfortable and confident in water.

### Fall Session

Ages: 18 & Older  
Tuesdays: 3:15 – 4:00 pm  
Thursdays: 2:15 – 3:00 pm  
Fridays: 1:15 – 2:00 pm  
Begin/End: September 11 – December 14  
Cancellations: November 20, 22, 23  
Location: Mt. Auburn Pool  
Code: AR07  
Fee: \$20 (10 classes)  
\$36 (20 classes)

### Winter Session

18 & Older  
3:15 – 4:00 pm  
2:15 – 3:00 pm  
1:15 – 2:00 pm  
January 8 – March 14  
None  
Mt. Auburn Pool  
AR08  
\$20 (10 classes)  
\$36 (20 classes)

### Spring Session

18 & Older  
3:15 – 4:00 pm  
2:15 – 3:00 pm  
1:15 – 2:00 pm  
March 25 – May 16  
None  
Mt. Auburn Pool  
AR08  
\$20 (10 classes)  
\$36 (20 classes)



# BlazeSports Club Cincinnati



**BlazeSports Club** is a national community-based sports and fitness program for children and adults with physical disabilities and visual impairments. BlazeSports is a direct legacy of the 1996 Atlanta Paralympic Games, the first Paralympics ever held in the United States. The program is a multi-level sports program of instruction, competitions, teams, camps and education. For more information visit [www.blazesports.com](http://www.blazesports.com).

By becoming a member of BlazeSports Club Cincinnati you will be notified of all upcoming sports clinics and special events. It's easy and FREE to become a member! Please contact us at (513)352-4028 if you're interested!



## New! New! New!

### Power Soccer

Power Soccer is playable by just about anyone with a physical disability who uses a power wheelchair! The only real requirement is that you are able to drive your chair with a good degree of control - for the safety of yourself and other players. We want to put together a time and place to play power soccer, but need to gauge interest. If you are interested, please call Ann-Marie at (513)352-2549. Please call by September 14 and have your preference of program days and times identified!

Ages: 8 & Older  
Days, Time, Location, Fee: All to be determined by level of interest!

### Ski Clinic

Come ski with us! Perfect North Slopes employs 5 ski instructors knowledgeable in the area of adapted skiing. More info to come as the snow gets closer. Stay tuned!

Ages: 8 & Older  
Date: Saturday, February 2  
Time: TBA  
Location: Perfect North Slopes  
Code: SKI08  
Max#: 5 or as transportation permits  
Fee: TBA  
Registration Deadline: January 25

### Wheelchair Rugby - Competitive Team

If you like living on the edge and consider yourself competitive - this one's for you! We plan to test drive a wheelchair rugby team for the 2007-2008 season. With so many teams in the area - Columbus, Indy, Pittsburgh, etc. - we'll have plenty of opportunities to play and learn. Based on the number that signs up, we'll register as a team in development for the year. Don't let this opportunity get by you! If you are interested, please call Ann-Marie at (513)352-2549 by September 28.

Ages: 16 & Older  
Days, Time, Location, Fee: All to be determined by level of interest!

### BlazeSports Golf Scramble

**For Individuals with Physical Disabilities & Visual impairments, and their Friends and Family!**

Join us for a fun golf scramble on the 9-hole course at Reeves! This is a chance to use your golf skills and have some playing time on the course. We will have 4 single rider carts available for use. If you wish, bring a friend or family member to join you in this fun event.

Ages: 8 & Older  
Date: Saturday, September 15  
Time: 1:00 - 3:30 pm  
Location: Reeves Golf Course  
Code: BFGS07  
Min/Max#: 8/4 • a maximum of 4 people needing single rider carts may register  
Fee: \$10  
Registration Deadline: September 7

### Walk or Roll at the Walk and Roll Spina Bifida Fundraiser! Walk, Handcycle or Bike Ride!

Register through the Spina Bifida Association of Cincinnati. Call Ann-Marie at (513)352-2549 if you are interested in walking as a team, or if you're interested in reserving one of our handcycles. While spreading awareness for spina bifida, let's spread the word about the opportunities BlazeSports offers those with spina bifida!

Ages: All  
Date: Saturday, September 29  
Time: 9:00 am - 2:00 pm  
Location: Miami Whitewater Forest  
Fee: \$25 Minimum Donation - No Upper Limit!  
T-Shirt comes with registration  
Register through the Spina Bifida Association of Cincinnati, (513)923-1378

# BlazeSports Club Cincinnati

## Wheelchair Tennis

Learn how to play tennis or come to improve your game! A certified Wheelchair Tennis Instructor takes our participants through drills and play, providing opportunities at every level. Tennis rackets and a sport wheelchair are available to borrow for the program.

Ages: 8 & Older  
Days: Tuesdays and Thursdays  
Begin/End: April 3 – September 27  
Cancellations: August 16  
Time: 6:30 – 8:30 pm  
Location: Sawyer Point Courts at Bicentennial Commons  
Code: WCT07  
Fee: \$40

**If you are interested in playing indoor wheelchair tennis at the conclusion of our outdoor program, please call Jim Rackett of the Southern Ohio Wheelchair Tennis Club at (937)748-9058.**



## Wheelchair Football - Neighborhood Pick-Up Game

Just about anyone can play this sport - a person who has a physical disability and uses a wheelchair (manual or power), persons with physical disabilities who don't use a wheelchair, and family and/or friends. We have 6 extra wheelchairs available for anyone to use to make this pick-up game fun and inclusive for all! Each Saturday the rules will be adapted to fit the group that comes to play, allowing everyone to be included. Games are played in the gym at the Pleasant Ridge Center.

Ages: 8 & Older  
Day: Saturdays  
Begin/End: Fall: October 6 – December 15  
Winter: January 5 – March 15  
Spring: March 29 – May 17  
Cancellations: November 24  
Time: 10:15 am – 12:15 pm  
Location: Pleasant Ridge Center  
Code: BSF08  
Min/Max#: None  
Fee: \$15 (Fall – Spring)

## Handcycling

This is a great opportunity for family and friends to learn a new recreational activity together while enjoying the scenic bike path at Lunken. The bikes are available by reservation. Please call Ann-Marie at (513)352-2549 a day in advance to make reservations.

Ages: 8 & Older  
Days: Monday – Thursday (4:00 pm – dusk, when available)  
Saturday (9:00 am – 1:00 pm, when available)  
Begin/End: April 2 – October 31  
Cancellations: Holidays and Weather Emergencies  
Location: Lunken Playfield, Marian Ahlering Building  
Code: OHC07  
Min/Max#: None  
Fee: **FREE! FREE! FREE!**

**If family members and friends prefer to rent a bicycle, rentals are available at the Marian Ahlering Building through September.**

## Archery

This inclusive program is an instructional program for individuals of all skill levels. The program will be taught by a Certified Level 2 Archery Instructor. Adapted equipment and assistance will be available.

Ages: 8 & Older  
Days/Times: Tuesdays • Teens may participate from 6:00 – 8:00 pm  
Thursdays • Ages 8 & Older, groups may reserve a time between 1:00 – 5:00 pm  
Thursdays • Ages 8 & Older, individuals may participate from 6:00 – 7:30 pm  
Begin/End: Ongoing  
Cancellations: Holidays or Weather Emergencies  
Location: LeBlond Recreation Center  
Code: BSA07  
Min/Max#: None  
Fee: Center Membership • Children & Teens \$5, Adults \$15



# Sports and Fitness Programs

## Team Bowling

This program is designed for the competitive level bowlers who wish to be on a bowling team and participate in a league. Team standings and averages are posted each week. Weekly attendance is required to participate on a team. Each athlete will be placed on a team by the league coordinator. Bowlers of all experience levels are encouraged to participate.

## Open Bowling

This program is designed for beginners and/or those who are unable to attend on a weekly basis. Scores and averages are kept for each bowler.

## Adapted Bowling

This program is designed for individuals with physical disabilities. Bowling ramps are available. Scores and averages are kept for each bowler.

## Junior Bowling

This program is designed for younger bowlers (6 – 12) and is designed to give them the chance to experience the fun and excitement of bowling. "Bumper" lanes and ramps are available. Scores and averages are kept for each bowler. Parents and siblings are encouraged to participate in this program.

**We do request parent attendance throughout the program.**

### Registration Information for All Bowling Programs:

Ages:	6 & Older
Day:	Saturdays
Begin/End:	October 13 – April 19, Special Olympics Tournament – April 26
Cancellations:	November 24, December 22 & 29, April 5
Location:	Brentwood Bowl
Time:	11:45 am – 2:00 pm
Code:	Team Bowling TB08 Open Bowling OB08 Adapted Bowling AB08 Junior Bowling JB08
Fee:	\$40 • This fee includes payment for the end of season Awards Banquet

**In addition to the program registration fee, a weekly bowling fee of \$5.50 is required for shoes and 3 games. Please bring exact change.**

**Please Note:** Due to the number of bowlers, our ability to provide individual assistance is limited. Parent/Guardian/Staff assistance is requested for those unable to bowl independently. Parent/Guardian/Staff assistance is also requested for the Team Bowling program to maintain the correct order for electronic scorekeeping.

**Check-In/Registration:** Please arrive at the bowling alley by 11:30 am – bowling will begin at 11:45 am. Bowlers arriving more than 15 minutes late will not be permitted to bowl 3 games as we must be finished bowling by 2:00 pm. Access pick-up should be scheduled between 2:00 – 2:30 pm. Late pick-ups may be charged a late fee after 2:30 pm.

## Bowling Awards Banquet

An awards banquet will take place on Saturday, May 3, 2008, from 12:00 – 3:00 pm. All registered bowlers are invited to attend - **no additional fee is required because the banquet fee has been built into the bowling registration fee.** Family and friends are welcome and encouraged to attend as guests for an additional fee.

Who:	All Registered Bowlers & Guests
Date:	Saturday, May 10
Location:	The Grove
Time:	12:00 – 3:00 pm
Code:	BAB08
Fee:	Registered Bowlers • No additional fee required Guests • \$20.00
Registration Deadline:	All guests must register by mail or in person by Monday, April 21, 2008.

**No registrations will be accepted after this date or at the door on the day of the banquet.**



## Accessible Golf Program



The Cincinnati Recreation Commission and Billy Casper Golf are the proud recipients of a third grant funded by the United States Golf Association. In May of 2007, we again received a grant for \$3,400 from the USGA to provide accessible programs on the golf courses within the City of Cincinnati. In 2005-2007 we spent \$6,500 for the facilitation of golf programming for individuals with disabilities through the implementation of golf clinics, group golf lessons and reduced rate individual lessons. Through the USGA grant we have received matching grants totaling \$16,000 to acquire four new Solo Rider single rider golf carts to be used on our seven CRC courses. The accessible golf carts can be used by individuals with any type of mobility impairment (not limited to wheelchair users). Please call Ann-Marie at (513)352-2549 if you are interested in learning more about our accessible golf program!

## Accessible Individual Golf Lessons

These lessons are for anyone who would like to work individually with a PGA Pro at a course near their home! Lessons can be arranged with a specific pro that has experience working with individuals with disabilities. You can arrange for as many or as few sessions as you like! The fee is \$10 per half hour. For more information or to obtain the names of our PGA Pros at CRC courses, please call Ann-Marie at (513) 352-2549.

## BlazeSports Golf Scramble

**For Individuals with Physical Disabilities & Visual impairments, and their Friends and Family!**

Join us for a fun golf scramble on the 9-hole course at Reeves! This is a chance to use your golf skills and have some playing time on the course. We will have 4 single rider carts available for use. If you wish, bring a friend or family member to join you in this fun event.

Ages:	8 & Older
Date:	Saturday, September 15
Time:	1:00 – 3:30 pm
Location:	Reeves Golf Course
Code:	BFGS07
Min/Max#:	8/4 • a maximum of 4 people needing single rider carts may register
Fee:	\$10
Registration Deadline:	September 7



# Sports and Fitness Programs

## Archery

This inclusive program is an instructional program for individuals of all skill levels. The program will be taught by a Certified Level 2 Archery Instructor. Adapted equipment and assistance will be available.

Ages: 8 & Older  
Days/Times: Tuesdays • Teens may participate from 6:00 – 8:00 pm  
Thursdays • Ages 8 & Older, groups may reserve a time between 1:00 – 5:00 pm  
Thursdays • Ages 8 & Older, individuals may participate from 6:00 – 7:30 pm  
Begin/End: Ongoing  
Cancellations: Holidays or Weather Emergencies  
Location: LeBlond Recreation Center  
Code: INCA07  
Min/Max#: None  
Fee: Center Membership • Children & Teens \$5, Adults \$15

## Food, Fun & Fitness

Check out this fantastic new program! Participants will learn how to stay healthy through exercise and proper diet. For the first hour participants will work out using various techniques such as yoga, dance aerobics, sports and more. After a good workout, participants will prepare, cook and eat a nutritious meal. So, if you are looking for a fun way to get in shape - sign up today!

Ages: 18 & Older  
Day: Thursdays  
Begin/End: October 4 – December 13  
Cancellations: November 22  
Location: Bond Hill Center  
Time: 4:00 – 6:00 pm  
Code: FFF07  
Min/Max#: 5/15  
Fee: \$20 (includes meals)  
Registration Deadline: September 21

## Lakers Basketball

The Lakers Basketball Program is designed for competitive level athletes with the skills and knowledge to play regulation basketball. Games are scheduled against area Special Olympic teams. The season concludes with regional and state tournaments. Each athlete must have a current Special Olympic medical release in order to participate.

**A pre-season informational meeting is scheduled on Thursday, September 20, 6:00 pm, at the Corryville Community Center. All registration forms and payments are due at this time. The team will practice after the meeting.**

Ages: 16 & Older  
Day: Thursdays  
Begin/End: September 20 – March 27  
Cancellations: November 22 & December 27  
Location: Corryville Center  
Time: 6:00 – 9:00 pm  
Code: LB07  
Fee: \$40  
Registration Deadline: September 20

## Walking Club

The Walking Club will meet in the fall and spring, one night a week for eight weeks each season. The program will focus on increasing walking stamina and distance. In the fall we will be walking the indoor track at the College Hill Center. Our spring program will move outdoors to two different sites to be determined.

Ages: 15 & Older  
Day: Tuesdays  
Begin/End: October 2 – November 20  
Cancellations: None  
Location: College Hill Center - Indoor Track  
Time: 7:00 – 8:00 pm  
Code: WC07  
Min/Max#: 5/15  
Fee: \$10  
Registration Deadline: September 21

# Dances

Come and celebrate the seasons by dancing to the music and socializing with friends! Participants will have the opportunity to improve life skills such as socialization, communication, and how to display appropriate public behavior.

## Halloween Dance

(Dinner Included)  
Ages: 18 & Older  
Date: Friday, October 26  
Location: The Grove  
Time: 6:30 – 9:30 pm  
Code: HD07  
Min/Max#: 5/120  
Fee: \$22 • Staff/Aide \$10  
Registration Deadline: October 12

## Sweetheart Dance

(Dinner Included)  
Ages: 18 & Older  
Date: Friday, February 15  
Time: 6:30 – 9:30 pm  
Location: The Grove  
Code: SD08  
Min/Max#: 5/120  
Fee: \$22 • Staff/Aide \$10  
Registration Deadline: February 1

## Winter Holiday Dance

(Dinner Included)  
Ages: 18 & Older  
Date: Friday, December 14  
Location: The Grove  
Time: 6:30 – 9:30 pm  
Code: WHD07  
Min/Max#: 5/120  
Fee: \$22 • Staff/Aide \$10  
Registration Deadline: November 29

## Spring Fling

(Snacks Included)  
Ages: 18 & Older  
Date: Friday, March 14  
Location: Madisonville Center  
Time: 7:00 – 9:00 pm  
Code: SF08  
Min/Max#: 20/75  
Fee: \$12 • Staff/Aide Free  
Registration Deadline: March 7

# Social & Leisure Programs

## **Dance! Dance! Dance!**

Come join one of our newest programs for children and young teens! Each week participants will learn a classic dance such as the Chicken Dance, Electric Slide and YMCA - plus, have time to show off their own moves! This is a great opportunity to learn dance steps that are widely used at dances, weddings and parties! Participating in this program will increase motor coordination, personal fitness, receptive language and socialization skills. So dust off those dancing shoes and register today!

Ages: 8 – 15  
Day: Wednesdays  
Begin/End: October 3 – November 14  
Location: Westwood Town Hall  
Time: 7:15 – 8:00 pm  
Code: DANF07  
Min/Max#: 5/10  
Fee: \$10 • Staff/Aide Free  
Registration Deadline: September 21

## **Karaoke Night**

Sing karaoke, or perform your own special “gig”, such as playing your guitar or other favorite musical instrument. The stage is yours! This is a monthly, inclusive Musical Entertainment Night for adults, where you join in, and positively applaud and support one another's special talents. Choose to hold the mic, or even use a headset or clip-ons! You will be surprised at what you and your friends can really do! And you will take that pride and achievement with you, everywhere! If you enjoy music, meeting those old as well as new friends, and like to express your creative self, these monthly Saturday nights are the perfect place to be. Everyone who attends must complete a registration form. High attendance is expected at this program, therefore, minimal supervision will be provided. Negative behavior will not be tolerated.

Ages: 18 & Older  
Day: Saturdays  
Dates: Oct. 13, Nov. 10, Dec. 8, Jan. 12, Feb. 9, Mar. 8, Apr. 12 & May 10  
Cancellations: None  
Location: Pleasant Ridge Center  
Time: 6:30 – 9:30 pm  
Code: KN08  
Min/Max#: 5/40  
Fee: \$10  
Registration Deadline: October 5

## **Crafts Sampler**

Our 10-week crafts program will focus on learning new creative skills through various craft activities. Join others in the opportunity to be creative and to make some unique gifts for friends and family for the holiday season! This program must have a minimum of 5 participants registered prior to the start date.

Ages: 16 & Older  
Day: Thursdays  
Begin/End: October 4 – December 13  
Cancellations: November 22  
Location: Clifton Center  
Time: 7:00 – 8:30 pm  
Code: CS07  
Min/Max#: 5/15  
Fee: \$35  
Registration Deadline: September 21

## **Movie & Pizza Nights**

Come join us for a relaxing night at the community center! We'll watch a good movie and have some great tasting pizza. One Friday each month we will play host to you and your friends with this favorite weekend activity.

Ages: 16 & Older  
Day: Fridays  
Dates: Oct. 5, Nov. 2, Dec. 14, Jan. 11, Feb. 8, Mar. 7, Apr. 4, May 2  
Location: Clifton Center  
Time: 6:00 – 8:30 pm  
Code: MP07  
Minimum#: 5/Unlimited  
Fee: \$30  
Registration Deadline: September 21

## **“Stepping Out”**

Do you enjoy dancing? Here's an opportunity to learn some new steps, stay in shape, meet some new friends and have some great fun! Our 8-week dance program will include line dancing and other types of active movement. This program must have a minimum of 5 participants registered prior to the start date.

Ages: 16 & Older  
Day: Mondays  
Begin/End: March 31 – May 19  
Cancellations: None  
Location: College Hill Center  
Time: 7:30 – 8:30 pm  
Code: SO08  
Min/Max#: 5/20  
Fee: \$20  
Registration Deadline: March 21

# Hangin' with the Teens - Teen Club

Twice a month, join your teenage friends for some fun! Once a month we will be “hanging out” at the Center playing games, having group discussions and socializing. Our other monthly meeting will take place in the community doing field trips or service projects. If you're looking for a fun place to “hang out” with your friends, look no further!

Teen Club members will help plan the outings and there will be no additional fees for trips. Non-members will pay the full cost for any trips, which will not be planned until October.

Ages: 13 – 18  
Day: Saturdays  
Dates: October 6 & 20, November 3 & 17, December 1 & 15, January 5 & 19, February 2 & 16, March 1 & 15, April 5 & 19  
Location: College Hill Center  
Time: Noon – 2 pm (trip days may have extended time)  
Code: TC07  
Min/Max#: 5/15  
Fee: \$50

# Outings

## Overnight Camping Trip

Join us for a fun camping experience at Winton Woods Adventure Outpost! Participants will hike, play games and prepare meals in the great outdoors. The evening will include a campfire and tasty S'mores! Participants will fall off into a dreamy sleep in cabins under the stars. New leisure skills will be learned and social skills will be practiced. **Please Note: Individuals attending this trip must be able to dress, eat meals, prepare for bed and sleep independently.**

Ages: 18 & Older  
Dates: Saturday & Sunday, September 29 & 30  
Drop-Off/Pick-Up: Drop-Off is on Saturday at 1:00 pm, at the Clifton Center Parking Lot  
Pick-Up is on Sunday at 1:00 pm, at the Clifton Center Parking Lot  
Min/Max#: Limited to 10 females and 10 males due to cabin sleeping spaces  
Code: OCTF07  
Fee: \$50  
Registration Deadline: September 7

## Hiking and Lunch

Join your friends and make new friends on an easy hike at one of Hamilton County's many parks. We will take a morning hike and then head out for lunch. **Please dress in layers and wear sturdy shoes for the hike. Bring \$10 for lunch and a drink.** We will have up to 12 participants with 5 staff on this fun day trip. Participants will engage in physical activity, learn about our natural surroundings, use social skills and have a great time.

Ages: 18 & Older  
Date: Saturday, October 13  
Pick-Up Location: Clifton Center  
Time: 10:00 am – 2:00 pm  
Code: HAL07  
Min/Max#: 5/12  
Fee: \$5 • Staff/Aide Free  
Registration Deadline: October 5

## La Comedia Dinner Theatre

Come see the production of "White Christmas" live in a theatre! La Comedia is one of the nation's largest dinner theatres, featuring spectacular Broadway shows and fine dining. We venture by van to Springboro, OH for a night of elegance, so be sure to wear a nice outfit! There will be 6 staff present on this trip with a maximum of 15 participants. Appropriate social etiquette and money management skills will be encouraged.

Ages: 18 & Older  
Date: Saturday, November 17  
Pick-Up Location: Clifton Center  
Time: 4:30 – 11:30 pm  
Code: LACF07  
Min/Max#: 5/15  
Fee: \$45 • Staff/Aide \$45  
Registration Deadline: November 2

## Tubing

Enjoy the crisp cool air at Perfect North Slopes! Participants will experience the joys of winter sports. There will be a minimum of 6 staff on this outing. Additional staffing will be utilized if more individualized assistance is needed. Participation will be limited to 15. The goal of the outing is to increase self esteem and develop new leisure skills.

Ages: 18 & Older  
Date: Saturday, January 26  
Pick-Up Location: Clifton Center  
Time: 1:00 – 5:00 pm  
Code: PNS08  
Min/Max#: 5/15  
Fee: \$20 • Staff/Aide \$15  
Registration Deadline: January 11

## Movie and Dinner

Enjoy a relaxing night viewing a movie and having a delicious dinner with new friends. This outing will give you the opportunity to polish up your skills on proper eating etiquette and appropriate social behavior in a community setting. There will be a minimum of 6 staff on this outing and participation will be limited to 15.

Ages: 18 & Older  
Date: Saturday, February 23  
Pick-Up Location: Clifton Center  
Time: 4:30 – 10:00 pm  
Code: MAD08  
Min/Max#: 5/15  
Fee: \$20 • Staff/Aide \$20 **Make sure to bring extra money for snacks at the movie!**  
Registration Deadline: February 8

## Cyclones Game

Hockey is back in Cincinnati! We will have a great time watching the game and enjoying snacks from the concession stand! Appropriate social etiquette and money management skills will be encouraged. There will be 6 staff present on the trip, with a maximum capacity for 15 participants.

Ages: 18 & Older  
Date: Saturday, March 8  
Pick-Up Location: Clifton Center  
Time: 6:00 – 10:30 pm  
Code: CCG08  
Min/Max#: 5/15  
Fee: \$15 • Staff/Aide \$15 **Make sure to bring extra money for snacks!**  
Registration Deadline: February 22

## BB Riverboat Cruise

Climb aboard for a 2 hour cruise featuring games, entertainment and a delicious buffet. This is your opportunity to see the beautiful Ohio River and the landscape surrounding our city! Practice appropriate social skills during your meal. There will be 6 staff present on this trip with a maximum number of 15 participants.

Ages: 18 & Older  
Date: Saturday, April 26  
Pick-Up Location: Clifton Center  
Time: 11:00 am – 2:30 pm  
Code: BB08  
Min/Max#: 5/15  
Fee: \$33 • Staff/Aide \$33  
Registration Deadline: April 11



# Inclusion / Accommodations



## What is Inclusion?

Individuals with and without disabilities participating in recreational activities together.

## Inclusion Support Services

The TR Division's "Inclusion Team" was created to assist community center staff with accommodations, education and materials to aid them in including individuals with disabilities in CRC 's programs and activities.

## Types of Accommodations

- Changes in Rules and/or Policies
- Assistance with ADLs
- Architectural Changes
- Adaptive Equipment
- Increased Supervision
- Behavior Management
- Training for Staff
- Boardmaker Tools for Communication

## How to Request an Accommodation

If you feel an accommodation would be beneficial or necessary, please request an Accommodation and Assessment form at the time of registration at the community center. This document is used to formally request additional assistance you may require.

Please call Terry at (513)352-4015 if you have any questions about Inclusion Services.

## **Send us your e-mail address and take advantage of our e-mail announcements!**

Want to know what's happening with Therapeutic Recreation? We're taking advantage of the current technology and sending e-mail announcements to keep everyone up-to-date! The announcements include valuable information about upcoming programs, "spontaneous" events, and TR staff. If you are interested in being on our e-mail distribution list, please call Terry at (513)352-4015, or send an e-mail to [terry.mongenas@cincinnati-oh.gov](mailto:terry.mongenas@cincinnati-oh.gov).



# Inclusive Programs For 50+

The Therapeutic Recreation Division is working with the Senior Division to include individuals with disabilities and/or arthritis into all CRC programs. CRC's Senior Division provides services for anyone who is 50 or older. If you are interested in these programs, the Therapeutic Division staff will work with the Senior Division staff to provide the accommodations needed for you to successfully participate.

The Senior Division offers an array of programming - Senior Olympics, line dancing, art classes and outings. Programs are available at 16 community centers across the city - typically providing services during the daytime hours. These programs are developed for seniors without disabilities; therefore, there is a level of independence needed to participate. Accommodations could include changes in rules or policies, assistance with ADLs (activities for daily living), adaptive equipment, and increased supervision and training for staff.

We hope you will consider participating in some of these great programs!

## COUNT ME IN Puppetry Program

For the past six years, The Division of Therapeutic Recreation has been providing a disability awareness program for the children at our community centers. This program was designed to help foster a climate of acceptance for children with disabilities who participate inclusively in CRC day camp programs. As we expand our efforts, we are always searching for new ways to implement the program.



In June of 2005, TR applied for a grant from the CVS/pharmacy Charitable Trust for the purchase of a puppetry kit designed by The Pacer Center in Minneapolis, Minnesota. The COUNT ME IN Puppetry Program is a disability awareness project which teaches inclusion and disability awareness through puppet shows. On November 1, 2005, The Cincinnati Recreation Foundation was awarded a grant in the amount of \$7,000 for the purchase of the puppetry kit! We began featuring the puppets at our community centers in the spring of 2006. The kit contains 8, 3-foot-tall puppets who portray youngsters from diverse backgrounds with a variety of disabilities. This program seeks to foster positive attitudes and promotes easier integration between children with disabilities and children without disabilities in schools and communities. We are very excited about the impact that this program is having on promoting inclusion and disability awareness in our communities!

If you are interested in learning more about the COUNT ME IN Puppetry Program, please call Karen at (513)352-4056!



## Miracle Vision

CRC's Adapted Baseball program began in 1986. In the fall of 2004, the CRC Division of Therapeutic Recreation decided to join the Miracle League and locally become the Miracle League of Greater Cincinnati. The national association is made up of communities across the country that sponsor baseball programs for children with disabilities. CRC's Adapted Baseball program had much in common with the Miracle League and its belief that every child deserves a chance to play baseball.

The Miracle League's mission is to:

- Provide opportunities for children with disabilities to play Miracle League Baseball, regardless of their abilities.
- Promote community support and sponsorship of Miracle Leagues.
- Promote the construction of special facilities which meet the unique needs of Miracle League players and their families.

In the spring of 2005, the Miracle League of Greater Cincinnati, the Cincinnati Recreation Commission and the Cincinnati Reds Community Fund began working together in the hopes of building a synthetic turf field to support the needs of the Miracle League. We want to build a field that would be part of a bigger complex and would have children with and without disabilities playing baseball in the same park! This project is expected to be completed in the Spring of 2008 at our Oskamp Park.

# Get Acquainted

## with the Full-Time Therapeutic Recreation Staff!



**Alayne M. Kazin, CTRS** • TR Service Area Coordinator • (513)352-4945 • [alayne.kazin@cincinnati-oh.gov](mailto:alayne.kazin@cincinnati-oh.gov)

Alayne has worked for CRC for 6 years. She has spent most of her career in clinical settings working with people with various types of disabilities including physical, psychiatric, behavioral and cognitive. Alayne has experience in working with people of all ages. She has an undergraduate degree from Indiana University and a graduate degree from the Ohio State University. Alayne is active in professional associations and enjoys walking, camping and sailing during the spring, summer and fall.



**Terry Mongenas** • TR Program & Inclusion Coordinator • (513)352-4015 • [terry.mongenas@cincinnati-oh.gov](mailto:terry.mongenas@cincinnati-oh.gov)

Terry has been with CRC since 1989. She has worked as a Recreation Leader, Program Director, Pool Manager, Community Center Director, and today is a Recreation Program Coordinator. Terry worked 10 years in the Adapted Aquatics Program at Mt. Auburn Pool and holds a certification as a Master Teacher of Adapted Aquatics. Since becoming a Program Coordinator in 2001 she has changed her focus from the water to helping improve the staff and programming in our division. Terry enjoys antiques and camping in her free time.



**Ann-Marie Stuart, CTRS** • TR Program & Inclusion Coordinator • (513)352-2549 • [annmarie.stuart@cincinnati-oh.gov](mailto:annmarie.stuart@cincinnati-oh.gov)

Ann-Marie has been with CRC since September of 2005. She has recently been promoted from Program Specialist to Program Coordinator, and will now oversee management of our TR Program Specialists and their respective responsibilities. Additionally, she will manage the marketing and coordination of BlazeSports Cincinnati, and will oversee our TR Summer Day Camp Program. Ann-Marie is from Cincinnati and when not working, loves to spend time with friends and family.



**Dawn M. Bocklett, CTRS** • TR Program/Inclusion Specialist • (513)352-4629 • [dawn.bocklett@cincinnati-oh.gov](mailto:dawn.bocklett@cincinnati-oh.gov)

Dawn has been with CRC since 1998. She began her career as an intern in 1998 and stayed on as a Recreation Leader and Program Director. In 2001, Dawn was promoted to a full-time position as a Therapeutic Recreation Program/Inclusion Specialist specializing in TR programming for youth, teens and adults. She received her undergraduate degree from Eastern Kentucky University in Therapeutic Recreation. Currently, Dawn is the coordinator and director of Bowling, Crafts, Karaoke Night, Sweetheart Dance, Parrot Head Dance, Spring/Fall Overnight Camping Trips, Walking Club West, and Westwood Town Hall and College Hill TR Summer Day Camp programs. Dawn enjoys spending her free time with her husband Bill, daughter Kira Nicole, and friends.



**Kyra Ertley, CTRS** • TR Program/Inclusion Specialist • (513)352-4962 • [kyra.ertley@cincinnati-oh.gov](mailto:kyra.ertley@cincinnati-oh.gov)

Moving from Kent, Ohio to Cincinnati, Kyra began her career with CRC in September of 2006. She is a recent graduate of Kent State University with a double major of Therapeutic Recreation and Psychology. Kyra also has an extensive background in the water as an Adapted Aquatics Instructor, Swim Coach, Lifeguard Instructor and Water Aerobics Instructor, and is certified in SCUBA Diving. Since working with CRC, Kyra has coordinated and directed programs such as our Adapted Aquatics, Arthritis Aquatics, Movie and Pizza Nights, Winter Holiday Dance, and the Spring Fling. Kyra is also our TR Volunteer Coordinator and the Inclusion Specialist for the West Region of Cincinnati.



**Whitney McNeil, CTRS** • TR Program/Inclusion Specialist • (513)352-4971 • [whitney.mcniel@cincinnati-oh.gov](mailto:whitney.mcniel@cincinnati-oh.gov)

Whitney began her career with CRC in September of 2006. Recently moving from Lexington, Kentucky to Cincinnati, Whitney is new to the area, but not new to the field. She received her degree in Therapeutic Recreation from Eastern Kentucky University, and has provided services in a variety of community and clinical settings. Since working with CRC, Whitney has coordinated and directed numerous programs including Lakers Basketball, Basic Cooking Skills, Movie & Pizza Nights, Stepping Out, Archery, Golf, and Miracle League Baseball. Whitney is also our Inclusion Specialist for the Central Region of Cincinnati.



**Karen Schissler** • TR Program/Inclusion Specialist • (513)352-4056 • [karen.schissler@cincinnati-oh.gov](mailto:karen.schissler@cincinnati-oh.gov)

Karen has been with the Cincinnati Recreation Commission since 1994. She started as a volunteer at the Westwood Town Hall Therapeutic Recreation Summer Day Camp. Karen advanced to part-time status in 1995, and in 2003 she became a full-time Program/Inclusion Specialist. Throughout the 13 years, Karen has been involved with many recreation programs, and has worked as a Day Camp Leader and Director, Adapted Aquatics Instructor, Fitness Instructor, Basketball Coach, and Winners On Wheels Director. Currently, she is the director of Disability Awareness, Adult Outings, Food, Fun & Fitness, Dance! Dance! Dance! and Teen Programming. Karen is also our Inclusion Specialist for the East Region of Cincinnati.



**Sandy Cloud-Heyob** • TR Office Manager • (513)352-4028 • [sandy.cloud-heyob@cincinnati-oh.gov](mailto:sandy.cloud-heyob@cincinnati-oh.gov)

Sandy is the Office Manager for the TR Division. She has been with TR for 4 years. Prior to her arrival she worked for 9 years with the CRC Athletics Division. While in the office Sandy helps keep our division organized and running smoothly. She also handles all of our program registration and strives to provide excellent customer service to the public. Sandy has a unique background in design, studying Interior Design at the Ohio Visual Arts Institute. She enjoys spending her free time decorating indoors and out (gardening/landscaping).

# Support Information

## TR Wish List

- Adapted Archery Equipment
- Art Supplies
- Books
- Digital Camera
- Exercise Equipment
- Handheld Games (i.e. Gameboy, Leapster, ect.)
- Laptop Computer
- Large Radio with CD Player
- Portable Basketball Hoop
- Portable DVD/VHS Television
- Puzzles
- Sensory Toys
- Switch Toys
- Timers

## Support Our Services!

The Division of Therapeutic Recreation provides several opportunities for you to show your support for the services we provide to the community. Without the support of our constituents, our programs and services are limited. If you are committed to pledging your support to the programs and services provided by the Division of Therapeutic Recreation, we ask that you explore one of the opportunities listed below:

**Sponsorship** – TR implements many programs for a variety of populations (ages and disabilities). We offer several special events throughout the year that businesses, corporations and organizations could choose to provide sponsorship for. As a potential sponsor, you would receive additional recognition for the funding provided for a special event.

**Donations** – Financial or in-kind donations are always welcome! Contributions made to the Cincinnati Recreation Commission Foundation are tax deductible to the fullest extent of the law. The CRC Foundation is a 501c3 non-profit organization whose purpose is to aid and improve the quality of life for Cincinnati citizens. These tax-deductible donations give the Foundation an opportunity to supplement current services and to provide an immediate impact to the City of Cincinnati. By donating to the Cincinnati Recreation Commission Foundation, you are able to identify what you would like the funds to be spent on. If you are interested in making a monetary donation to the Division of Therapeutic Recreation, please make checks payable to the Cincinnati Recreation Commission Foundation. Checks should be mailed to 805 Central Avenue, Suite 800, Cincinnati, Ohio 45202. Please specify you are making a donation to the Therapeutic Recreation Division. For more information, please call Alayne at (513)352-4945.

## Please Volunteer!

The Therapeutic Recreation Division needs volunteers to assist our staff with programming! There are many opportunities to volunteer! Whether it's an ongoing program or a special event, we are always in need of assistance to provide individualized attention to those we serve. Immediate opportunities include: Dances, Bowling, Wheelchair Football, Golf Clinic & Karaoke Night. Volunteers must be at least 13 years of age. If you would like more information on volunteer opportunities, please call Kyra at (513)352-4962, or e-mail her at [kyra.ertley@cincinnati-oh.gov](mailto:kyra.ertley@cincinnati-oh.gov).

## Thank You to Our Sponsors!

In these days of budget crunching, we want to take the time to send a sincere thanks out to those individuals and organizations that provide sponsorship and funding to the Division of Therapeutic Recreation. Many of our current programs could not be implemented without the financial assistance of the following individuals and/or organizations:

- Billy Casper Golf
- Byron Trapp
- Chris Ward
- Cincinnati Recreation Commission Foundation
- City of Cincinnati
- CVS/pharmacy Charitable Trust
- D.A.G. Construction
- Don and Leota McOske
- Elder High School
- Ellen and Robert Rinsky
- Hamilton's Assistive Technology
- Kid Glove
- Kroger
- L'Oreal USA
- Margaret Hardey Trust
- Ohio Valley Tennis Association
- Push America
- Queen City Racquet Club
- Rohm and Haas
- Shirley Ledford
- Spina Bifida Association
- United States Golf Association Foundation
- UTSA Midwest Section
- VanDyne Crotty
- Wal-Mart
- Western Southern Financial Services / Tennis Masters Series
- Xavier University Occupational Therapy Program

## Guidelines for Participants, Parents, and Guardians

**Prior to participating in any TR program, each participant must submit a current Program Registration Form, complete with participant/parent/guardian signature, to the Therapeutic Recreation Office.** Please include all information requested to help the TR staff take appropriate precautions when planning the program. It is essential that we have a phone number where the parent/guardian can be reached during the program hours.

The TR staff members are not responsible for the supervision of participants before or after the designated program times. The TR staff members are not responsible for providing transportation from the program site to the participant's home at the conclusion of the program. Participants using ACCESS transportation must schedule drop-off/pick-up times within the designated program times.

If someone other than the parent/guardian will be picking up a participant at the conclusion of the program, advance written notification must be given to the program director.

A late pick-up fee of \$5 for each quarter hour will be assessed to any parent/guardian late in picking up the participant at the conclusion of the program.

### Guidelines for Managing Behavior

The TR staff members are instructed to use positive reinforcement and to provide a structured program in order to minimize negative behaviors. If negative behavior should occur, a brief time-out is the approved method of behavior management. If a behavior plan has been developed, or if you have specific techniques used at home, please inform the TR staff so we may support your efforts.

If, in the opinion of the TR staff, a participant becomes unmanageable and potentially dangerous to themselves or others, the parent/guardian will be contacted to take the participant home. If a participant leaves the program site during program hours and the TR staff are unable to return the participant without risk of injury, the parent/guardian will be contacted to take the participant home. If the parent/guardian is unable to be reached or does not respond quickly, the TR staff may be required to call for police assistance.

Staff members who are trained/certified in Non-Violent Crisis Intervention (CPI) will intervene in the management of aggressive behavior with participants enrolled in our programs. A participant who becomes physically aggressive with others in the program setting may be subject to specific "holds" designed to physically control aggressive individuals. These holds are non-aversive and are only used as a last resort (if the participant has become a danger towards themselves or others).

### Participants with Specific Health/Medical Issues

Due to the physical requirements of some activities, participants with certain health or medical conditions may be asked to provide a physician's written consent prior to participation.

If a participant requires medication during program hours, a medication waiver form must be completed and submitted prior to the TR staff assisting with the administration of medication.

### Guidelines for Residential Agencies

If a group of four or more participants from a specific agency attend a TR program, we request a staff member from the agency attends the program and assists the TR staff in leading the activities. In the event your agency will not be attending a program for which you have registered, please notify the TR office in advance. If the decision not to attend is made late, please attempt to notify the program director.

An agency may send an unregistered participant to a program in place of a registered participant if a Program Registration Form for the new participant has been submitted to the office and we are given advance notification of the substitution.

Agency staff attending events or outings must provide the necessary payment for meals and/or admission fees (see Registration for All Therapeutic Recreation Programs).

## Registration For All Therapeutic Recreation Programs

- **Complete the Program Registration Form (insert).** List the program code, name, location and fee for each program you plan to attend. Please indicate your residency status by checking the appropriate box (refer to the Zip Code Directory for City of Cincinnati Corporate Limits).

- **Mail or bring the completed form with a check or money order** to the Cincinnati Recreation Commission, Therapeutic Recreation, 805 Central Ave., Suite 800, Cincinnati, OH, 45202. Make check or money order payable to the Cincinnati Recreation Commission. There is a \$15 fee for any dishonored check submitted. Program registration will not be accepted without program payment. The program registration form must be received in the administrative office (805 Central Ave.) before the participant may attend the program. The Participant/Parent/Guardian release must be signed prior to participation.

- **You may register in person at our administrative office.** Phone-in registrations are not accepted. Please continue to call us for information about programs or if you need help with registration.

- **We do send confirmation of registration.** If the program has reached capacity or your registration is unable to be accepted for another reason, you will be notified and payment refunded. Please note the registration deadlines for each program! Registrations will not be accepted after the deadline.

- **Refunds of program fees are considered** if the program is cancelled or filled to capacity, if the participant has a verified medical reason, or, in the opinion of the TR staff, the placement is inappropriate.

- Refunds for dances are given if we are notified a minimum of 24 hours before the event.
- Refunds for the outings are given only if we are notified a minimum of one week before the outing.

### Additional Notes for Dance/Outing Registration

Our dances and outings require advance registration due to group rates or meal preparation. Please note the registration deadlines and be aware that these events may fill to capacity prior to the registration deadline. **Group Home staff and aides are very welcome to attend, however it is imperative that we are notified of their attendance at the time of their participant's registration.** Please use the Program Registration Form to indicate staff/aide attendance and include the necessary payment.

**See page 17 for the Zip Code Directory & City of Cincinnati Corporate Limits information.**







## Therapeutic Division

805 Central Avenue, Suite 800

Cincinnati, OH 45202

Phone: 513.352.4028

Fax: 513.352.4637

[www.cincyrec.org/tr](http://www.cincyrec.org/tr)

# Program Registration Form

Please complete the front and back of this form by providing us with the information that has been requested. For legibility purposes, please print all information that you provide. Return this form with a check or money order made payable to **Cincinnati Recreation Commission**. Registration Forms and payment may be mailed or delivered to The Cincinnati Recreation Commission (address above). For additional information, please call us at (513)352-4028.

## Participant Information

First Name	Last Name	Date of Birth	Age	Gender
Street Address	City	State	Zip Code	
Home Phone	Alternate Phone(s) - other than home		E-Mail Address	
Parent/Guardian Name	Relationship	Phone Number(s)		
Parent/Guardian Name	Relationship	Phone Number(s)		
Emergency Contact Name (other than parent)	Relationship	Phone Number(s)		
Group Home Agency	Contact Name	Phone Number(s)		

Are you a new participant? ☐ Yes ☐ No If yes, how did you hear about us? \_\_\_\_\_

## Disabling Condition

Please identify the participant's disabling condition. Circle all that applies to the participant and/or write in any disabling condition not listed.

Amputation	Cerebral Palsy	Mental Illness	Spinal Cord Injury -
Arthritis	Childhood Disintegrative Disorder	Mental Retardation: Mild - Moderate - Severe	Injury Level: _____
Asperger Syndrome	Down Syndrome	Muscular Dystrophy	Vision Impairment -
Attention Deficit Disorder	Head Injury	Multiple Sclerosis	Blind - Low Vision - Other
Autism	Hearing Impairment / Deaf	Rett's Syndrome	Other: _____
Behavioral Disorder	Learning Disability - Type _____	Spina Bifida	_____

Does the participant walk independently? ☐ Yes ☐ No

If not, what type of assistance is required? ☐ Wheelchair ☐ Walker ☐ Other (please specify) \_\_\_\_\_

Does the participant eat independently? ☐ Yes ☐ No

If not, what type of assistance is required? \_\_\_\_\_

Does the participant dress independently? ☐ Yes ☐ No

If not, what type of assistance is required? \_\_\_\_\_

Does the participant use the bathroom/toilet independently? ☐ Yes ☐ No

If not, what type of assistance is required? \_\_\_\_\_

Does the participant communicate through speech? ☐ Yes ☐ No Use Boardmaker? ☐ Yes ☐ No

If not, what type of communication is used? \_\_\_\_\_

Additional information that would assist in programming for the participant: \_\_\_\_\_

Medical Information

Please circle all that apply to the participant:

Allergies (specify below)	Catheter	Hearing Aid	Scoliosis
Arthritis	Diabetes	Heart Condition	Shunt
Asthma	Diet Restriction	Hemophilia	Tracheotomy
Atlantoaxial Subluxation	Ear Tubes	High Blood Pressure	Other: _____
Braces (Orthopedic)	Glasses	Prosthesis	_____

Please provide specific information for medical conditions we should be aware of (allergies, activity restrictions, etc.):

Does the participant have seizures: ☐ Yes ☐ No

If yes, what type? ☐ Grand Mal ☐ Petit Mal ☐ Other \_\_\_\_\_

If yes, how often does the participant have seizures? \_\_\_\_\_ Date of last seizure: \_\_\_\_\_

Please identify the type, dosage and time of any medication the participant is currently taking:

Medication	Type _____	Dosage _____	Time _____
	Type _____	Dosage _____	Time _____
	Type _____	Dosage _____	Time _____

Program Information

Please indicate with an "x" which one of the following applies. If you are unsure of your residency status, please see the [Zip Code Directory](#) included in this booklet.

☐ Cincinnati Resident ☐ Non-City Resident

Program Code						Program Name / Location / Preferred Swim Time	Fee
							\$
							\$
							\$
							\$
							\$
Please remember to register staff/aides for each program, if applicable! Interested in making a donation? See page 13 for more information!							
						Total Amount Enclosed	\$

What type of transportation does the participant have?

☐ Self ☐ Parent/Guardian ☐ Metro ☐ Group Home Staff ☐ Access – I.D.# \_\_\_\_\_

Participant / Parent / Guardian Release

As a participant or as a parent/guardian of the participant in this program, I recognize that there are certain risks of physical injury and I agree to assume the full risk of any injuries, damages or loss resulting from participation in any and all activities connected with or associated with such program. I agree to waive and relinquish all claims I may have, as a result of my or my son's/daughter's participation in the program, against the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers. I do hereby fully release and discharge the Cincinnati Recreation Commission, City of Cincinnati and their agents, employees, staff and volunteers for any and all claims from injuries, damage or loss which I have or which may accrue to me on account of my son's/daughter's participation in the program. I further agree to protect, defend and hold harmless the Cincinnati Recreation Commission, City of Cincinnati, and their agents, employees, staff and volunteers from any and all claims resulting from injuries, damage or losses sustained by myself or my son/daughter or arising out of, connected with, or in any way associated with the activities of the program. I have read and fully understand this release form. **Before registration in this program(s) is valid, this release form must be signed by the participant or the participant's parent or legal guardian.**

Signature of Participant / Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

Multi-Media Release

I, the undersigned, hereby authorize the Cincinnati Recreation Commission to utilize photographs, videotapes, voice recordings, etc. of the participant to be used exclusively for promotion, advertising and marketing of the Cincinnati Recreation Commission and its programs.

Signature of Participant / Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_

# Cincinnati Recreation Commission

## FACILITY DIRECTORY

### CRC Recreation Centers

#### CRC INFOLine (513)352-4000

Bond Hill	1501 Elizabeth Pl. (37)	242-9565
Bush	2640 Kemper Ln. (06)	281-1286
Camp Washington	1201 Stock St. (25)	681-6046
Carthage	19 E. 72nd St. (16)	821-2954
Clifton	320 McAlpin Ave. (20)	961-5681
College Hill	5545 Belmont Ave. (24)	591-3555
Corryville	2823 Eden Ave. (19)	221-0888
Dunham Complex	4356 Dunham Ln. (38)	251-5862
Evanston	3204 Woodburn Ave. (07)	861-9417
Hartwell	8275 Vine St. (16)	821-5194
Hirsch	3630 Reading Rd. (29)	751-3393
Kennedy/Woodford	6065 Red Bank Rd. (13)	631-5625
LeBlond	2335 Eastern Ave. (02)	281-3209
Lincoln	1027 Linn St. (03)	721-6514
Madisonville	5320 Stewart Rd.	271-4190
McKie	1655 Chase Ave. (23)	681-8247
Millvale	3303 Beekman St. (25)	352-4351
Mt. Auburn	270 Southern Ave. (19)	381-1760
Mt. Washington	1715 Beacon St. (30)	232-4762
North Avondale	617 Clinton Springs Ave. (29)	961-1584
Oakley	3882 Paxton Ave. (09)	321-9320
Over the Rhine	1715 Republic St. (10)	381-1893
Pleasant Ridge	5915 Ridge Rd. (13)	731-7894
Price Hill	959 Hawthorne Ave. (05)	251-4123
Saylor Park	6720 Home City Ave. (23)	941-0102
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109
Winton Hills	5170 Winneste Ave. (32)	641-0422

**Zip Code Directory for City of Cincinnati Corporate Limits.** Please call the TR office if you have questions about your residency status.

#### Zip Codes Entirely Within City Limits:

01, 02, 03, 06, 10, 14, 19, 20, 21, 23 (with exception of portions of Shepherd Creek and Shepherd Rd.), 25, 26, 28, 32

#### Zip Codes Entirely Outside City Limits:

18, 36, 40, 41, 42, 43, 44, 45, 46, 47

#### Zip Codes Partly In and Out of City Limits:

04, 05, 07, 08, 09, 11, 12, 13, 15, 16, 17, 24, 27, 29, 30, 31, 33, 37, 38, 39, 48

### TR Program Locations

Bicentennial Commons Park at Sawyer Point	801 E. Pete Rose Way (03)	352-6180
Bond Hill Center	1501 Elizabeth Pl. (37)	242-9565
Brentwood Bowl	9176 Winton Rd. (31)	522-2320
Clifton Center	320 McAlpin Ave. (20)	961-5681
College Hill Center	5545 Belmont Ave. (24)	591-3555
Corryville Center	2823 Eden Ave. (19)	221-0888
<b>CRC Therapeutic Recreation Office</b>	<b>805 Central Ave. (02)</b>	<b>352-4028</b>
Dunham Center	4356 Dunham Ln. (38)	251-5862
LeBlond Center	2335 Eastern Ave. (02)	281-3209
Lunken Playfield	4750 Playfield Ln. (26)	321-1772
Madisonville Center	5320 Stewart Rd. (27)	271-4190
Mt. Auburn Center and Pool	270 Southern Ave. (19)	381-1760
Pleasant Ridge Center	5915 Ridge Rd. (13)	731-7894
Reeves Golf Course	4750 Playfield Ln. (26)	321-2740
The Grove	9158 Winton Rd. (31)	931-4255
Westwood Town Hall	3017 Harrison Ave. (11)	662-9109

### Pools - Indoor Deep Water

Krueck	270 W. McMillan St. (19)	861-4169
Mt. Auburn	270 Southern Ave. (19)	381-6780
Over the Rhine	1715 Republic St. (10)	381-1893
Western Hills	2144 Ferguson Rd. (38)	244-8770

### Golf Courses

Avon Fields	4081 Reading Rd. (29)	281-0322
California	5920 Kellogg Ave. (28)	231-6513
Dunham	1951 Dunham Way (38)	251-1157
Glenview	10965 Springfield Pike (46)	771-1747
Neumann	7215 Bridgetown Rd. (48)	574-1320
Reeves	4757 Playfield Ln. (26)	321-2740
Woodland	5820 Muddy Creek Rd. (33)	451-4408

All zipcodes are prefix 452

All phone numbers are area code 513

**[www.cincyrec.org](http://www.cincyrec.org)**

### Cincinnati Recreation Commission

**Denise M. Driehaus, President**

**Kazava Smith, Vice President**

**Roscoe A. Fultz**

**Catherine D. Ingram**

**Michael J. Moeddel**

**Norman C. Merrifield, Ed.D., Director**